

## IRON PENTACLE SERIES

### In the Name of Pride

#### Part 3

#### **Re-sacralizing the World:**

This exercise is really to help us instill “innate” pride in ourselves. Animals and trees exude something we refer to as “natural” pride. It is “natural” because it does not involve the Ego aspect of the Talking Self. The buttercup is not comparing himself to the daisy, nor the daisy to the rose. All are Be-ing themselves naturally and fully, without constraint, fear, comparison, guilt, shame or that self-analytical Litany of Doom which constantly demands to know if we are measuring up.

#### **Talker, Ego, Fetch, Godsoul and the BlackHeart of Innocence**

(Ya’ll might want to remember to breathe long and deep through the following. A Kala cup at your elbow might prove useful as well)

Sometimes we can use these tools in such a way that they turn against us. Striving so hard to know ourselves in all our parts can be a double edged sword—especially if the unspoken prayer is that we not only “know” ourselves but also “better” ourselves. When our goal is always to repair, heal, change, transform, there is an *inherent underlying message* that we are not good enough as we are right now. In our striving to be other than we are, we are reinforcing in the Fetch that we are not enough. This, of course is Self work (I would LOVE myself in all my parts).

True Pride is enough. Right now. True Pride isn’t dependent upon us being anything other than we are *right now*. “Everything we are,” is enough. The Ego-aspect of the Talking Self cringes at this thought. If the Ego-aspect were to let go its continuous Litany of Doom, we might be able to actually experience the Love of the Godself. There is a reason we *must* go through the Fetch in order to access the Godself.

The feeling of fear comes from Fetch. To name oneself afraid or fearful is the work of the Talker. When the Ego-self identifies too closely or habitually with a state of being, it mistakenly perceives the state of being as a quality of the whole. Hmm. Hard to write about this clearly. Let me keep talking and see if I can get us there. The Fetch feels

shame. The Talker names and says, “I am ashamed.” The Fetch hears that as, “I am shameful.” And a self-perpetuating loop is set in continuous motion. Here, we are interrupting the loop. We will meet with resistance inside ourselves.

What I am really trying to get at here is that *the ego-aspect of the Talker* is the one who is confused about Pride. It is the ego-self who thinks pride is something that must be earned. It is the ego-self who compares, contrasts, measures and comes up more often than not with a judgment that we are less than. That pronouncement of being less than is picked up by the Fetch who translates it into a feeling of free-floating shame (shameful).

It is the ego-self who does not want to be “caught” being less than. This, is picked up by Fetch who translates it into feelings of free-floating fear/anxiety (fearful).

The ego-self, in order to convince itself of its superiority/inferiority must constantly lie to itself. The Fetch reads the lie and generates free floating feelings of guilt (guilty).

We have literally spent *lifetimes* caught in the fatal feedback loop between the ego-self and the fetch. Rarely, have we been able to glimpse the Talker without the input of the ego. Rarer still have we been able to reach through the complexed (blocked and bound are other words for this) Fetch to the Godself who knows the Truth: *We are not beings of shame, fear and guilt. Rather, in our Natural State we are Proud, Powerful and Innocent.*

\*Go back and look at last week’s **words about perfection and god**. Only the false god (ego-self) claims perfection, omniscience and omnipotence.

\*The Witch. Wild. Proud. Unshamed. Without fear or guilt. Stands in her true pride and power—her cackling echoes deep into the night sky—carried up to the vast expanse of space—a love song for the Lady of Stars.

### **Goddess Beloved Prayer.**

Continue working this. It will help you prepare for next week's Ritual.

### **Shake your tail feathers.**

The Peacock arises when we banish the false god. His fan opens out and he dance in Pride for us—for our salvation from enslavement. His tears pour forth in compassion for the life force we have given over in worship and reverence to the false god/ego-self. The tears of the Peacock Messenger cleanse and heal us. The dance of the Peacock Messenger instills in us awe and pride.

Compassionate might be something we aspire to be. Proud might be something we have denied. These—aspirations and denials—are conjoined to generate the Peacock.

What do you deny? What do you aspire to be? What are you right now?

### **Procure the following items:**

Get a candle that reminds you of the peacock.  
Get some incense that reminds you of the peacock.  
Get some red and blue food coloring  
Some gorgeous anointing oil  
Some peacock feathers or pictures of them.

We are preparing to align with him in True Pride.

Do the work assigned this week. Keep working on what we've begun. Make Kala and Kala and more Kala. Weep. Rend your clothes. Gnash your teeth. Let your resistance move through you however it needs to.

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This week is very “lecture-y.” It happens sometimes. But, it seems so important to give you the bones of this.

*You move it to the left  
And you go for yourself  
You move it to the right  
Yeah if it takes all night*

*Now take it kinda slow  
With a whole lot of soul  
Don't move it too fast  
Just make it last*

*Yeah, yeah, yeah, do the Harlem Shuffle  
Yeah, yeah, yeah, shake a tail feather baby.*  
Rolling Stones, “Harlem Shuffle”

### **Re-sacralizing the World:**

Continue showering pride on other’s by noticing positive qualities, behaviors and actions. Continue to hone in and pay attention to responses in both the recipient of your attention as well as in yourself.

Rather than telling people you are proud of them or they should be proud of themselves, you might try telling people they did a good job or have a beautiful voice or some other wonderful thing you notice about them. Without mentioning the word “pride” can you give them that gift? What is different in *you* and what is the difference in *response* from the recipient?

### **Re-sacralizing the Body:**

1. Take some time, once per day to thank your physical body for the work it does.

“Thank you feet! You do a great job carrying me around and you hardly ever complain!”

Or, “Thank you body, for recovering from that cold.” Or, “Thank you salivary glands for reminding me that I am thirsty! What would I do without you?” Don’t be perfunctory about this. *Really* give thanks so your body can pride itself for what it does.

2. This is really the center of our transformational magic this week. Aside from that work (below) please attempt the following: When you catch yourself priding yourself, rather than simply noting it, stop, ground and center and breathe in the Life Force of Pride. Fill yourself with Pride. Send Ha to your Godself with the flower prayer we’ve been using these weeks:

*Who is this flower above me?*

*What are the strengths of this god?*

*I Pride myself in all my parts.*

## **Notes**

I just wanted to return to something I’ve been saying for the last few weeks about the Red Serpent and our habit of denying parts of ourselves. I want to be clear that I am not advocating that we elevate aspects of ourselves which are harmful to ourselves or others. Not at all. I was speaking of the ways in which we denigrate the body and the earthly while we reach always toward the cerebral and the ‘heavenly.’

There are library shelves filled with brilliant writing on the patriarchal ordering of the universe which denies, degrades and punishes the feminine, the dark, the ecstatic and embodied (SEX) while preaching, elevating and glorifying the masculine, the light, the cerebral and the dis-embodied (SPIRIT). If these concepts seem foreign to you, I encourage you to research these topics. Understanding where we come from can only help us in embracing wholeness.

## **The Rite of Priding**

### *Preparation*

Align your souls. Gather your materials. You might want to put on some music while you put together an altar –as simple or grand as *you* like. Trust yourself and your instincts. The creation of this altar should invoke a sense of True Pride in you. Perhaps, it contains only the items on your list arranged artfully. Perhaps, you begin with an altar cloth and build and build. What matters is that this is a place of beauty for your eyes. The altar should not be in the bathroom this time (I say this for those who are familiar with this ritual structure from other classes with me). I do strongly suggest you have a bowl of water on the altar as this ritual will run hot.

I would like you to choose some music that you will feel comfortable dancing to. What music inspires you to dance? What music might ignite pride in you and cause you to shake your tail feathers? It might be German Death Metal, American Rock, African drumming or Middle-eastern. What matters is that it pleases you. This ritual is yours.

You are going to be taking a bath. If you do not have access to a bathtub, you can improvise to do the working in the shower.

You will also NEED to have some food and drink close at hand for immediately after the Rite.

### *Pre-Ritual Alignment and Cleansing*

Perform the Ha Prayer with all the sincerity you can muster. Breathe in more Life Force than you believe you can contain. When you are certain your body, your etheric body, your Fetch and your Talker have more than enough Life Force, ask your Fetch to divide the excess. S/he knows exactly how to do this—s/he will keep what the body needs and give the remainder as an offering to your Personal God. Send the manna with the ritual gesture (blow upwards). Say aloud the Flower Prayer as we have been using it:

*Who is this Flower above me?  
What are the strengths of this god?  
I would Pride myself in all my parts.*

Take a moment to really let the effects of the prayer take root in you.

Now, perform the Kala Rite in the way that is most effective for you. (The Kala Rite *always* involves drinking water). Ask that anything which stands in the way of All Three Souls being fully present for this Rite be transformed. Trust that your Will and Sincerity fuel your magic so it is effective.

Call the Star Goddess. Use whatever invocation/song/poetry feels right to you. If you simply call “Ma” with heartfelt desire, She will come. Our magic is simple. Our magic is effective.

Next, invoke Melektaus, the Peacock Lord in whatever way feels right, true and correct for you. Light the candle for him. Light the incense. Don’t rush. Give yourself time to feel him. Enjoy the flickering flame and the beautiful incense.

Now, call the Peacock’s counterparts: the Red Serpent and the White Dove. Call them by these names or other names you may be familiar with. When they feel present, begin to evoke them within you. Do this by saying:

“Here is what I have denied”

“Here is what I have desired”

“I have denied\_\_\_\_\_”

“I have desired\_\_\_\_\_”

Try not to judge your desires and denials. You are stating facts. At the same time, there is power in these statements. Let the power come through. Feel the serpent arising within you. Feel the dove descending. Hold, the serpent in the belly—in the

pelvic cradle. And hold the dove in the cradle of the skull. Let there be space between them. Yes. There is tension.

Now, move to the bathroom

### *The Bath*

Draw a hot bath. Not so hot you will wilt! Add to the bath, seven drops of red and seven drops of blue food coloring. (It will not stain you or your tub. Rather it will make a soft lavender hued bath. If you are worried, add 3 red and 4 blue which I can safely guarantee will be hardly noticeable). As the bath fills, go to the mirror and meet your gaze. Still holding the tension of the Serpent and Dove, say aloud, with heartfelt sincerity:

*I am the Goddess' Beloved.*

*My veins flow with Her red.*

*My lungs take in Her breath.*

*Blessed are the feet that walk my path of trials and pleasure!*

*I am God as surely as I created the universe in the beginning!*

*My hands are Her hands.*

*My body is Her body*

*Glistening with the sweat of stars!*

*My tears and cum are Her gifts*

*And I bestow these as I will!*

*Goddess within and without*

*Fill me with your love which exposes evil\**

*Fill me with your love which evil flees from*

*Fill me with your love which illuminates me in my hiding*

*So I can come from my hiding*

*And dance in the rain of your love in pride.*



Breathe manna and visualize each line of the prayer as fully as you can—try to embody the words you are speaking. Gather the life force and send it to your Godself on the 4th breath with the ritual gesture.

Step into the bath.

Here in the lavender water—clear and red and blue—allow yourself to be cleansed of that which stands in the way of your True Pride. It's okay if you don't have a perfect vision of True Pride. We do the best we can. Later, when we know better, we return to this work. Again and again and again, we return to this work. I'll remind you that Victor was fond of the term “endless purification.”

What have you desired that if it were attained would be fatal?

What have you denied that if it remains buried would be fatal?

What tasks have you set before you that were too high-reaching and therefore self-sabotaging?

What tasks have you turned away from because you thought yourself too awful to attain them?

Two sides. Back and forth. Reaching. Burying. Striving. Denying. Elevating. Denigrating. Feel these two sides—the serpent and the dove—arise in you. Feel the tension. Feel the heat. See them/feel them within you, poised to strike. Breathe.

The serpent strikes upward and the dove strikes down! They meet at your heart—in the space behind your rib cage. They struggle. Feel that struggle in you: I am too terrible! I am phenomenal! I am too scared! I am fearless!  
Stupid-Brilliant-Powerful-Useless-Love-Fear-Radiant-Filthy- Whole-Sick-  
Pathological-Genius-Sexual-Pure . . . feel the tension, the battle between the Serpent and the Dove.

And breathe. And feel the tension. And breathe. And the embattled embrace transforms. Still violent, still rough . . . the embrace becomes sexualized. And breathe. And feel how that raging tension becomes sexual tension. Between the serpent and

dove. Within you. And feel how the rough embrace softens as you breathe into it through your heart. Breathing Sex and Passion into this Holy Union about to take place within you! Breathe Power into your Self which contains the union of opposing forces.

Step from the tub. Stand in the shape of a star reciting the IO Prayer which acknowledges all three souls in their rightful union:

*In the Name of Sex! Self! Passion! Pride! Power!*

*I affirm in the here and now*

*I am a three-fold spirit with a dense physical body!*

*My Godself is the third and highest of my three spirits*

*The most sound, whole and perfect part of me!*

*I am*

*We are*

*One!*

And as you gather up the life force and send it with a clap toward your Godself, FEEL the Peacock open out within you. There at your Heart--the union of the Serpent and the Dove, the Genius and the Wild, the Fetch and Talker, all we have denied and all that has been unreachable—stands the Peacock! He is fierce and wild but he is also compassionate. Feel his Pride, your Pride. Feel Pride in your stance! Feel Pride in your Voice, in the beating of your heart, in your capacity to face yourself, love yourself and Pride yourself!

*At the Altar*

Return to the altar. Notice the candle and the incense. Light more incense if necessary. Put on the music you chose for yourself. Anoint your body with oil: Your heart, your pelvis and your crown. Anoint the points of Iron Pentacle –From Sex to Self

to Passion to Pride to Power and closing the circuit with Sex. Now, Anoint from Sex to Pride to Self to Power to Passion and Return to Sex.

Call the name of the Peacock—Melektaus! Call your own name \_\_\_\_\_! Dance the dance of the peacock. Dance your dance of Pride. You are Priding yourself in all your parts. Here, you are—dancing with parts long denied! Here you are! Dancing with parts given over to aspiration! Here you are! Filled with compassion and Pride. Let the music enter and move you. Enter the music. Dance.

Shake your tail feathers, baby!

Who and what are you right now?

Raise power. When you feel unshakeable Pride in you, pour it through you—using breath and vision and will—into the food you brought to the altar. Ground ALL the Power/Pride of the ritual into the food and drink. Beautiful!

Now, give thanks to all those you called—Yourselves, the Star Goddess, Melektaus, the Red Serpent and the Holy Dove. Thank them all for conspiring to lead you to your True Pride. Then, eat and drink your Pride. Savor the tastes and textures of your Pride Meal. Feel it feed your cells, informing them of deep transformation and embodiment of Pride.

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